

2002-2003 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Family Service Agency
(Allied Services for Kids)

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Total Proposal Request: \$ 10,560

On-going Support New Project

CDBG Eligible Category: Public Service

National Objective Compliance/Low and Mod Benefit: Area Benefit

City Council Identified Critical Needs:

- 1) Mental Health Services
- 2) Youth

PUBLIC SERVICE NON-PUBLIC SERVICE

Beneficiary Information:

110 (Davis schools) Total number of beneficiaries in program

40 Total number of beneficiaries in program served with CDBG funds

100% Percentage of the CDBG beneficiaries with low/moderate income

\$264.00 Cost per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

Allied Services for Kids—A collaboration between Yolo Family Service Agency and Suicide Prevention of Yolo County.

a. Need

Youth in crisis can often be a danger to themselves and/or to others. Studies emphatically connect the stresses of adolescence in socially immature and emotionally isolated youth with delinquent behavior (Dryfoos, *Safe Passage, Making it Through Adolescence in a Risky Society*, 1998). The precipitating crises vary (examples: divorcing families, abusive homes, drug use, rebellion, etc.) but the results can be as severe as participation in gang activities, running away from home or suicide. A teen may see such an act as the only way out. A teen's behavior can have dire consequences for themselves and others. Truancy, failing grades, substance abuse, fighting, and poor self-esteem are manifestations of a young person having difficulty resolving problems and coping with the stresses of growing up.

Youth in crisis pose significant burdens to the social services and law enforcement system in Yolo County. According to the Yolo County Department of Probation, one out of six teens will have some involvement with the juvenile justice system, and one out of ten will become a victim of domestic or peer violence during the coming year. The Yolo County Department of Education states that it is likely that 21 percent of teens are at risk of not finishing high school.

There is a direct relationship between the ASK program activities and reductions in juvenile delinquency, violence to youth, suicide, self-mutilation, depression, extreme low self esteem, and school failure. The need for intervention and its potential for positive long-term outcomes can be illustrated by Chelsea's story.

Chelsea was referred to ASK by a teacher who observed that she rarely spoke to the other students and always ate lunch alone. The teacher was puzzled that Chelsea was pulling her hair out as she sat in class. Chelsea is young for a seventh grader and shy. Her teacher was concerned that she was having trouble adjusting to middle school.

Like many adolescents, Chelsea was reluctant to talk about her feelings. After a few sessions to get to know each other, Chelsea was able to talk more openly to the ASK counselor and confided that she felt lost and alone. Her parents had divorced a several years ago and she lived half of the week with her father and half with her mom. Chelsea didn't feel wanted in either home.

Both of Chelsea's parents have emotional problems, including severe depression. She was angry and jealous of the relationship her mother had with her three- year-old half-brother. Chelsea couldn't talk to her mom—or anybody— about the way she felt. She was embarrassed at her mother's inability to keep house and didn't want to make friends who might want to come over and see how she lived.

Chelsea felt left out and alone at home—and at school. There wasn't anyone she could ask for help.

Teen years are often a stressful time for both parent and child. The problems are exacerbated when a family is unstable either emotionally or economically. Without the support they need to make good choices, teens "act-out" by engaging in risky behavior such as drug and/or alcohol use, truancy, poor academic performance, getting involved in gang activities or becoming estranged from their family. While Chelsea wasn't truant or exhibiting delinquent behavior, her grades were getting worse and she was becoming more and more isolated. She was "at-risk."

Without appropriate crisis intervention and professional help, the behavior problems of troubled youth can escalate into self-destructive situations that can have a severe impact on society, on the life of the teen and in many situations, the lives of others. Dealing with anti-social and criminal behavior and incarceration, substance abuse and addiction, suicide, and truancy by our children is costly to Davis—both financially and to the emotional wellbeing of our community.

b. Benefit

Professional counseling makes a profound difference in a teen's ability to solve problems, learn to make better choices and understand when it is okay—and important to ask for help. Early intervention prevents anti-social and criminal behavior, decreases incidents of alcohol and drug use, reduces truancy and prevents teen suicide.

ASK is a crisis intervention and counseling program providing mental health services. It is designed to make professional counselors, trained and experienced in working with teens and their problems, readily available to students at the middle and high schools throughout Yolo County. In Davis, ASK provides counseling at Emerson and Holmes Junior High School.

The collaboration between Suicide Prevention of Yolo County (SPYC) (crisis Line) and YFSA (school based counseling) addresses, not only the problems that cause this age group to stumble, but the way in which teens react when faced with tough issues.

Of course, we don't know the end to Chelsea's story. But we do know that the plot has taken a very positive turn. Chelsea has blossomed with ASK counseling. She is developing communication skills and enjoys using them. She is doing much better in school, and is expressing herself creatively through art and writing. She is even entertaining the idea that she has leadership skills, is participating in class and is slowly making new friends. She no longer exhibits the stress-related behavior of hair pulling that alerted her teacher. Chelsea plans on attending a YFSA Kids' Turn[®] workshop in spring, which will help her understand that she is not responsible for her parents' divorce or their current problems. She will be coached in learning to tell her parents what she needs in order to grow up healthy and happy. Her mom agreed to a referral to YFSA's core counseling services and is addressing her own problems with depression.

The positive and **long-term** results realized with an earlier intervention by ASK counselors make this program cost effective.

c. Other Resources and Collaboration

The ASK program is a collaborative. The two primary partners are Yolo Family Service Agency and Suicide Prevention of Yolo County. Yolo Family Service Agency manages the in-school counseling component of the program. The program has the full support of both schools in Davis. ASK also works closely with Yolo County Alcohol, Drug & Mental Health , Communicare Health Centers, Child Welfare Services and law enforcement agencies. The ASK 24/7 crisis line is staffed by over 40 volunteers, 80% of whom are Davis residents who are trained in crisis counseling, active listening and who have an extensive knowledge of community resources. Additional sources of income for the county-wide ASK program include United Way (Woodland and Sacramento agencies), Medi-Cal, Target Inc., Victims of Crime Program and community donations.

d. Organizational Capacity

Yolo Family Service Agency (YFSA) serves as the lead agency for ASK. YFSA has provided mental health services to Yolo County families since 1959 and ASK services since 1994. A volunteer board of directors comprised of community leaders provides governance and oversight to the agency. YFSA is managed by an Executive Director who has been in this position with the agency for 14 years. Nineteen clinical staff are supervised by a Clinical Program Manager and several Clinical Supervisors. Counseling personnel are required to have a Masters level degree and be registered with the Board of Behavioral Sciences.

Suicide Prevention of Yolo County (SPYC) has 31 years of experience in providing crisis intervention services. With YFSA, SPYC developed the ASK hotline and provides training to its base of over 40 volunteers who contribute approximately 8,600 hours of service to ASK each year.

SCOPE OF SERVICES

a. Project Description

The ASK program is a vital and essential resource for kids who are in trouble with their academic responsibilities or experiencing conflict with peer and family relationships. The ASK program provides professional counseling for Davis teens and their families. The program also manages and staffs a crisis line 24 hrs a day, 365 days a year. ASK offers pscho-educational classes and teen groups on a variety of topics important to teens This year, YFSA will offer Kids' Turn[®], a six-week group therapy for families who are restructuring their lives after divorce or separation. The curriculum, which has been offered to families in Davis since 1999 , has been redesigned especially

for this age group and will be offered at the middle school campuses to make access and participation easy for teens.

Whenever appropriate, parents are involved in the counseling plan and may be referred to YFSA services for individual and family therapy or other psycho-educational programs if such support is beneficial.

It is critical that teenagers know and trust ASK. An important part of the program is marketing the ready availability and confidentiality of the program to students at school. We do not charge a fee to the students or parents for our service. This would present a barrier to a adolescent or teen seeking help when they needed it. Everything is focused on creating an environment where a student believes that he/she can trust and talk to an adult.

ASK works closely with the teachers, counselors, school nurses and administration of the school. The school counselors employed by middle and senior high schools are trained and experienced in academic counseling and are charged with providing that service to all students. They are hard pressed to provide either the professional attention or the time a child in crisis needs. ASK counselors have a Masters degree in counseling, social work or psychology, as well as previous experience working with this age group and in schools. ASK has built trust within an age group that has difficulty turning to adults for help. ASK counselors work with young people, guiding them to build the skills they need to cope with a stressful situation.

b. Target Group

Most of the students referred to Allied Services for Kids (ASK) are experiencing a crisis or demonstrating symptoms of being at-risk for one. Even if he or she is not already involved in gang or criminal activity, drug and/or alcohol use, or other anti-social and self-destructive behavior, it is typical of an at-risk student to be showing other signs indicating stress. The student may be unable to complete schoolwork or may be showing signs of depression. Often there are underlying problems within his or her family, which are causing or contributing to a student's distress. In some families, parents do not provide an appropriate role model or have the parenting skills to help a young person learn to control anger or maintain healthy relationships. A child may exhibit behavior problems at school because it is safer to do so at school than at home.

In other families, parents may be doing a good job of raising their children, but be uncertain at how to communicate with their rapidly changing and emotional teenager.

c. Outreach

Currently, the capacity of the ASK program does not adequately meet the needs of all the students enrolled in the middle-schools in Davis. However, we have established a policy of requiring participating schools to find the space and supplemental funding for ASK to have a presence on each campus for at least two days each week. The ability of students to access the program when they found the courage to do so was improved. A minimum of two days also expands the ability of ASK staff to

work with administrative and teaching staff and has improved both staff morale and effectiveness.

ASK staff will make a presentation to students at the beginning of the school year, emphasizing the benefits of coming to ASK and building trust between the students and the staff. The message is directed, not only to reach those students who might need help, but to students who might encourage a friend in trouble to seek help.

In addition, all sources of referrals will be informed of ASK's continued availability and capacity to serve Davis low-income teens.

Timeline

Activity

Completion

School site ASK counselors will meet with appropriate school staff at each school site to monitor the student referral process into ASK services.	August-September 2002
Continue to maintain a 24-hour crisis line for both parents and teens managed by trained volunteers. Recruitment and training of volunteers.	Ongoing
Design and implement presentations to students.	September 2002
On a weekly basis, per YFSA procedures, supervise, consult and monitor services provided by agency professional staff.	On-going
Continue to provide crisis intervention counseling to teens and, where appropriate, their families to resolve problems.	On-going
On a monthly basis, monitor number of referrals to ASK and actual hours of direct service and education provided. Take appropriate action to be within performance standards.	On-going

YOLO FAMILY SERVICE AGENCY/ALLIED SERVICES FOR KIDS 2002-2003
CITY OF DAVIS
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM
BUDGET SUMMARY

YFSA ASK Budget

Budget Category	Proposed Project	Other	Total
A. Salaries and Wages			
\$16.00/hr.	\$ 8,000.00		
B. Fringe Benefits (21%)	\$ 1,600.00		
C. Consultant/Contract . Services (2 hrs/wk @ \$50/hr)			
TOTAL PERSONNEL BUDGET	\$ 9,600.00		
D. Office Rent			
E. Utilities			
F. Telephone			
G. Office Supplies			
H. Equipment			
I. Printing/Duplication			
J. Travel/Conferences			
K. Other (specify)			
Administrative allocation (10%)	\$ 960.00		
TOTAL NON-PERSONNEL BUDGET	\$ 960.00		
TOTAL PROJECT BUDGET	\$ 10,560.00		

Note 1: Clinical supervision is a critical component of YFSA's services and is part of our quality control system. Although it increases the overall cost, YFSA is committed to providing quality services to all of its clients.

Note 2: The agency's total annual operating budget is \$765400

YOLO FAMILY SERVICE AGENCY

1/17/02

Board of Directors

<u>NAME</u>	<u>OCCUPATION</u>	<u>ADDRESS</u>	<u>TELEPHONE</u>	<u>TERM (3 yrs)</u>	<u>Length</u>
<u>BOARD MEMBERS</u>				<u>Begin</u>	<u>of Term</u>
Brian, Kathy (1) Member	Social Worker State of California	1362 Coolidge Place Woodland, CA 95776	H: 662-8619 E: kbrian@pacbell.net		2002-05
Casias, Rich 2nd V. President	Env. Consultant RCC Group	417 Mace Blvd. Ste. J, PMB-284 Davis, CA 95616	H: 758-8603 W: 758-8128 F: 758-8128 E: rccgroup@earthlink.net	1998-01	(1)
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STAFF

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No Board or Ad Hoc member receives reimbursement for services to the agency

yfsa/bod.lst